

Irish Soda Bread

Makes 1 loaf

1 cup soy milk (rice milk works too)
1 tablespoon apple cider vinegar
2 ¼ cups Wellness Forum Health Quick Mix
1/2 teaspoon baking soda
½ teaspoon sea salt
3/4 cup raisins
1 tablespoon caraway seeds

- extra whole wheat flour for sprinkling

Preheat oven to 350°.

- Add the vinegar to the milk and set aside to 'curdle' for 10 minutes.
- Mix the remaining ingredients together in a large bowl.
- Add the curdled soymilk to the dry ingredients and mix just until everything comes together into a dough.
- Sprinkle a bit of flour onto a cookie sheet lined with parchment paper.
- Form the dough into a ball, sprinkle a hint of flour on top and give it a little "x" slice across the top.
- Bake for approximately 40 minutes.
- Give it a toothpick test for doneness and if it sounds hollow when you tap it, it's done.
- Set it on a rack to cool.